

## Glossary

**Anandamaya Kosha-** Vital sheath of bliss that relates to the divine true self.

**Annamaya Kosha-** Vital sheath of the physical body.

**Apana Vayu-** Prana that fills the colon in the physical body. Apana Vayu plays a vital role in awakening kundalini energy.

**Asana-** Physical Posture or position.

**Astral Body-** Energy equivalent of the physical body, yet it can expand and contract.

**Bandhas-** Internal body locks.

**Casual Body-** Thought body for the astral and physical body.

**Chakra-** A vortex or pranic center in the subtle body that channel prana both in the physical body and subtle system.

**Chakra Dhyana-** Meditation that involves concentration on the seven chakras and kundalini energy.

**Clairs-** The four pathways that the sixth sense or intuition utilizes to communicate. They include clairvoyant (clear seeing), clairsentient (clear feeling), claircognizant (clear knowing), and clairaudient (clear hearing).

**Consciousness-** The sense of awareness and knowing.

**Cosmic Consciousness-** The conscious aspect of Mahaprana that extends into all levels of being.

**Dhyana-** Meditation

**Divine-** Of, from, or like God.

**Embodiment-** The representation or expression of something in a tangible or visible form.

**Energy-** Information that vibrates.

## Conscious Breathing

**Enlightenment-** Is a final spiritual state in which everything is understood and known. It is the deepest of peace.

**Ida Nadi-** One of the channels used by prana that moves up the spine like a double helix and relates to the feminine, moon, yin, emotional, and mental life force energies.

**Intuition-** The ability to access knowledge, inner sensing, inner insight without the need of conscious reasoning or the logical mind alone. Also called the sixth sense.

**Kinetic Aspect** – Kinetic refers to motion. The kinetic aspect of creation is considered kundalini energy because as it moves it creates.

**Kundalini-** When kundalini is “sleeping”, it is considered the dormant cosmic life force energy that ties the spirit to the astral and physical form through connecting it to the five sense organs alone. When kundalini awakens, it moves from its dormant state to ascend back up the sushumna nadi to meet once again in the crown of the head, the seventh chakra, with Mahaprana and cosmic consciousness. This creates union to the true self.

**Mahaprana-** The cosmic life force energy of cosmic consciousness that extends into all levels of being.

**Manomaya Kosha-** Vital sheath of the mental body and conscious mind.

**Mantra-** A sound vibration used to regulate the body, mind, and subtle system.

**Mudra-** Hand or body positions that gives a clear energetic message to the body, mind, and subtle system.

**Nadis-** Channels that transport subtle and physical energy.

**Pancha Koshas-** Five vital sheaths that encase the physical body.

**Pingala Nadi-** One of the channels used by prana that moves up the spine like a double helix and relates to the masculine, sun, yang, logic, and vital life force energy.

**Planes of Being-** Levels of existence through consciousness. These include the physical, mental, emotional, spiritual, and the divine/true self.

**Prana-** Individual life force energy that enlivens the physical, mental, and subtle system.

**Prana Vayu-** Prana that fills the head, lungs, and throat in the physical body.

**Pranamaya Kosha-** Vital sheath of the breath body, sometimes called pranic body.

**Pranayama-** The practice of controlling prana in the body, mind, and subtle system through the medium of the breath.

**Sushumna Nadi-** The main nadi that runs through the spinal cord and the cerebral cortex. This is the pathway that kundalini energy takes when awakened to unite one again with Mahaprana and cosmic consciousness.

**Static Aspect-** Static refers to changeless. The static aspect of creation is considered cosmic consciousness because it always is. It is outside of time and space; It is changeless because it is what it is.

**Subtle System-** Refers to energy that vibrates both within the physical and beyond to the subtle levels of existence.

**True self-** That part of you that goes beyond the physical and merges with infinity yet again is also a part of the physical.

**Ujjayi Breath-** Victorious breath, created by breathing in and out through the nose and makes a slight hissing sound.

**Vayus-** Individual prana in the physical body that enlivens the physical form only.

**Vijnanamaya Kosha-** Vital sheath of the knowledge body that relates to the unconscious and superconscious mind.

**Yoga-** Union, refers to the union of body, mind, and spirit.